A smile can go a long way - giving & receiving
Breathe - when frustrated or angry, stop and take 5-10 deep soulful breaths
Work towards alternatives & win/win solutions
Build love engineers - change within to change society. From small things big things grow
Create shared pathways for the future with your fragile relationships
Speak to your own feelings and perspectives not guessing what the other person is doing
Communication is the key - open and honest
Gain perspectives and celebrate diversity
Listen from within & how to serve the world
Know what strong & positive peace looks like
Take the path often less travelled of honesty, inclusion, generosity & common humanity

Find out more: teaspoonsofchange.org